

Owen Johnston - www.oddobjecttraining.com

Improvised makiwara project (karate striking post)

Google Drive folder with pictures of this project -

Short URL: <http://goo.gl/Xuc0Wv>

We added a few modifications to a makiwara board. The first was gluing a layer of dense foam on the back as a cushion, and the second was attaching the board to an old car tire (14 and 3/4 inches). We then mounted the board and tire to a the wall behind our studio. We had a few lengths of old cable wire from when Time Warner Cable replaced the cable that went from our light pole to house, because of the icy weather in early 2014. We used a good bit of wire to cinch up the makiwara to the tire. A final bit of wire was used for a hanger. We used a pair of rat nose pliers to twist the wire, and a wire cutter.